



Annual Report

April 2017 – March 2018



'One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean. Approaching the boy, he asked: "what are you doing?" The boy replied, Throwing starfish back into the ocean. The surf is up, and the tide is going out. If I don't throw them back, they'll die. The man laughed to himself and said, " Do you realise there are miles of miles of beach and hundreds of starfish?" "You can't make any difference." After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said; "I made a difference to that one."

Adapted from the original by Loren Eiseley

Trustees

- David Brewster **Chairman**
- Sheila Shinman **Vice Chairman**
- Micky Johnson **Vice Chairman**
- Keith Webster **Treasurer**
- Richard Coates
- Elizabeth Davison
- Robin Lakin
- Chris Lund
- Bob Polley
- Sue Sutermeister

Staff

- Claire Hall **Chief Officer**
- Annette Major **Deputy Manager - left 31st July 2017**
- Sarah Hendry **Coordinator - started 1st August 2017**
- Carol Stevens **Coordinator**
- Gill Gibbeson **Administrator**
- Sarah Lally- Marley **Community Development Worker**
- Isabelle Harrison **Scarborough, Whitby, Ryedale Activities Coordinator**

L-R Sarah Hendry, Carol Stevens, Claire Hall, Gill Gibbeson, Isabelle Harrison & Sarah Lally- Marley



What we do:

- **Carers Sitting Service** – volunteers sit with the person being cared for or with an older person who is lonely and isolated
- **Carers Support Groups** – we organise a monthly meeting to offer carers the opportunity to share concerns, receive support and simply take time out to relax
- **Songs and Scones** – is a monthly event for older people to come together to participate in a performance by Live Music Now musicians, followed by conversation, tea and cake.
- **Farmers Breakfast** - Farmers and others living in rural areas often face social isolation. The Farmers Breakfast is a means of bringing such people together.
- **Rural Life Lines Project** - identifies 'hidden' carers and older people in rural areas who are socially isolated and provide them with opportunities to attend regular social activities
- **Community Development** – to raise awareness of the services in Scarborough, Whitby and Ryedale, recruit volunteers and set up new activities.

Funding:

Ryedale Carers Support has had another successful year building on existing achievements and partnerships. We are very grateful to the following foundations, trusts, organisations and individuals for supporting us:

- The Robert McAlpine Foundation for enabling Ryedale Carers Support to recruit more volunteers and pay their out of pocket expenses
- NYCC Health & Adult Services and the local Clinical Commissioning Groups for continuing to support the sitting service. We were successful in securing the carers sitting service contract for 2018 – 2021
- The Trusthouse Charitable Foundation and the Bruce Wake Charitable Trust for funding Songs and Scones
- The Jack Brunton Charitable Trust, The Mollie Croysdale Charitable Trust and The Malton and Norton Lions Club for funding Farmers Breakfast
- NYCC Stronger Communities and Awards for All for funding our 'Rural Lifelines' project.
- The Henry Smith Charity for funding our community development work across Scarborough, Whitby and Ryedale
- The Kirkby Foundation for financing the purchase of a PA system, projector, screen and laptop
- The Sirius Minerals Foundation for enabling us to run activities in rural areas around Whitby
- Ryedale District Council Community Grant for help with our carers support groups
- To Alan Smith for a significant legacy
- Sinnington PCC, Ryedale Lions Club and the many individual carers and volunteers who have given so generously throughout the year.

The charity also supports itself through its own fundraising events. This year the raffle raised £976, the 200 club has raised £1408 and the street collections in Malton and Kirkbymoorside raised £323. The Jigsaw Festival raised £636 and the Pie and Peas Supper raised £2434

New Status

At the AGM in 2017 the members of Ryedale Carers Support adopted a new constitution allowing us to begin the process of changing to a Charitable Incorporated Organisation or CIO. The Charity Commission approved the constitution and RCS was given a new charity number – 1175552. Ryedale Carers Support became a CIO on 1st April 2018. The organisation will remain the same and the 2 charity numbers will be linked and merged. The CIO gives the trustees of Ryedale Carers Support increased protection and it is a better platform on which to operate now that we are contract holders with North Yorkshire County Council.

Who we help?

Referrals to Ryedale Carers Support have increased year on year and in this financial year 331 carers and older people have received a service from us.

18- 64 years	65 – 74 years	75 – 84 years	85+ years
22	48	156	105

Learning Disability	Physical Disability	Frailty or Temporary Illness	Hearing Impairment	Visual Impairment	Mental Health	Dementia
4	84	74	6	16	38	109

Our Volunteers

Ryedale Carers' volunteers are the heart of the organisation and the 137 volunteers registered with us make a significant difference to the people they visit. We are very grateful for all their hard work and commitment.

Over the year Ryedale Carers Support has recruited 23 new volunteers via word of mouth and from publicity generated by Sarah Lally- Marley our Community Development Worker. All our new volunteers and a rolling programme of existing volunteers are offered induction training every 6 months, training on safeguarding, peer support and the opportunity to attend talks relevant to the type of work they do, which this year included Mental Health Awareness and Dementia Friends training.

Songs and Scones in Ryedale

It has been a busy year with 60-70 people attending every month. The transport is provided by a combination of our volunteers, Ryedale Community Transport and the Malton & Norton Lions who do the driving, a NYCC minibus and Colin Owston. We have 9 volunteers who regularly help us to transport people and 3 who regularly help in the kitchen preparing the cakes, scones and teas. Live Music Now provide us with some great musicians. We have had classical, jazz, folk, harpists and violinists. They have all been wonderful. We have had some great feedback from the people that attend for many it gets them out the house, it enables them to meet and socialise with others and it makes them feel uplifted and happy and they look forward to attending. We would like to say a big thank you to Live Music Now and all the musicians for entertaining us and a big thank you to all the volunteers and transport people who help us to put on this event. We couldn't do it without you.

Farmers Breakfast



Farmers Breakfast is a social event mainly for gentlemen who have retired from work, either in farming or other rural pursuits; it is an opportunity for the gentlemen to meet other men with similar interests. We have around 30 regular attendees and 17 people on the waiting list. We organise a speaker and arrange transport for all the participants to attend, ensuring that anyone who would like to attend the 'breakfast' is able to. We use community buses for those reliant on wheelchairs and our own volunteers and the

local car scheme to bring individuals from all parts of Ryedale. We had a varied program of events for 2017 – 2018, which included a trip out to Sutton Bank the wonderful Thornton le Dale Ukulele Players, a talk by Sister Agatha of the Bar Convent in York, 'Life is a Paradox' and a magic show by the magician Wonderous Winnick!

In February 2018 we moved the event from Middleton Village Hall to Amotherby Village Hall, this will allow us to take more people off the waiting list as the venue is larger, it also has a large car park which assists us with helping people into and out of the venue. The 'breakfast' could not go ahead without the fantastic help of our 8 volunteers, who run the kitchen making the legendary bacon butties and drive and bring people to the event.

Carers Support group

Between April 2017 and March 2018, we ran 2 support groups one in Southern Ryedale area and one in Northern Ryedale area. The Southern Ryedale group had 21 members of which 12 regularly attended the group. The northern Ryedale group had 15 members of which 9 regularly attended the group. In the summer months trips were arranged to the Helmsley Walled Garden, Danby Moors Centre and various garden centres. In the winter months we had a range of different speakers which included talks on superstitions, making wills / powers of attorney and on scam mail and scam calls. In 2017 members of the support group chose to attend additional courses run by NYCC Adult Learning & Skills service. The courses on 'cooking easy meals' and 'basic computing' were well attended. Two volunteers regularly help with the support groups. We would like to thank them plus the speakers and all those that have helped with transport.

Annual Carers Trip out

In June, 40 carers attended our Carers Trip. We started with a fish and chip lunch at Thompsons on the A64 and then went on to Burnby Hall Gardens near Pocklington.

Annual Carers Christmas Lunch

In December we had the annual Carers Christmas Lunch at the Forest and Vale in Pickering. 90 Carers and cared for attended and we had a 2-course lunch including a quiz and a raffle.

We work closely with Support for Carers Scarborough and Caring Together Whitby

The partnership of Ryedale Carers Support, Caring Together Whitby and Support for Carers Scarborough has always run a needs led service achieving the following specific aims:

- To enable carers to maintain their independence and have a break from their caring responsibilities
- To increase confidence and motivation and promote the resilience and autonomy of carers
- To enhance wellbeing, including physical and mental health

The partnership was successful in securing the NYCC Carers Sitting service tender with RCS as the lead partner but together we have also been able to develop activities in the rural parts of Whitby and Scarborough, funded by the Henry Smith Charity, NYCC Stronger Communities and Big Lottery Awards for All.

Community Development work for the partnership

- Summer campaign – ‘Share Your Sunshine’ - A volunteer recruitment campaign run across the three districts to tie in with Volunteers and Carers Weeks. Promotional work included; a poster and social media campaign and press releases on Radio York and in the Gazette & Herald. To tie in with the campaign there were drop ins in local libraries; Pickering, Norton and Helmsley and the Supermobile library in Sherburn, Weaverthorpe, Slingsby, Hovingham, Sheriff Hutton and Rosedale.
- Christmas campaign – ‘Give a Gift of Time’ - A volunteer recruitment campaign run across the three districts. Planned to link with the #Endloneliness campaign and the #1millionminutes campaign run by ITV’s Good Morning Britain in the run up to Christmas. Promotional work included; a poster and social media campaign, and press releases in the Gazette & Herald and on Radio York. To tie in with the campaign there were drop ins in Pickering, Malton and Helmsley.
- Drop ins & events - A monthly drop in at Pickering Library continues to be a good opportunity to meet potential new volunteers. Attended Ryedale Village Halls Network meeting, Pickering United Reformed Church, Wrelton WI and local coffee mornings to talk about the work of RCS.

The campaigns and promotional work have helped to raise awareness of RCS in the area and have helped to recruit 23 volunteers in the 12-month period.

The partnership Rural Lifelines Project run by Isabelle Harrison

The post of Activities Co-ordinator was filled in March 2017.

- Songs and Scones
The first activity took place in East Ayton, near Scarborough in May 2017. It has grown steadily over the year with about 30 people attending each month. We have recruited 3 Driver Companions and one driver who help with the events as well as 2 permanent volunteers who help every month. Live Music Now as well as other groups provide the entertainment. The event continues into 2018 thanks to generous funding from the Morrisons Foundation.
- Farmers Breakfast in Lythe, near Whitby
The first Farmers Breakfast event took place in June 2017 with a talk from The Skinningrove Mining Museum. The number of ladies and gentlemen who attend has

grown steadily with about 14 on most events with some events having over 30 people attending and enjoying the speakers and a bacon buttie. The activity has been lucky in securing funding from The Sirius Foundation and along with funds from the big lottery will be able to carry on until Spring 2019. We have recruited 2 volunteers and 3 driver companions, one of whom has become a volunteer for Caring Together Whitby and the other has shown interest in becoming a Trustee.

- Hinderwell Teas started as a result of a member of the community approaching the Activities Co-ordinator and runs over the winter months for Hinderwell residents. It is run with minimal input from the Co-ordinator. It is attended by people who can walk to the Methodist Chapel in the village. The event usually has about 12 ladies and gentlemen who come along, some of whom also come to Farmers' Breakfast. The event was only ever perceived as a winter activity and is due to restart in September. This activity raises funds directly for Caring Together Whitby.
- Goathland Teas. This event takes place in the Mallyon Spout Hotel in Goathland every month. Numbers are still small but hopefully this event will build in the future. It was very badly affected by the severe weather of 2018.